

Nervous and All Unstrung?

Feel nervous and irritable all the time? Continually worry over trifles? Then there's something wrong. Back of it all may be weak kidneys. Just as nerve wear is a cause of kidney weakness, so is kidney trouble a cause of nervousness. If you have backache, "blues," nervous spells, headaches, dizzy spells, kidney irregularities and a tired, worn feeling, try Doan's Kidney Pills. They are recommended by thousands.

An Ohio Case

Mrs. P. Schneider, 220 Cross St., Dover, Ohio, says: "I had pains in my back, shoulders, arms and joints. My ankles and limbs began to swell, my kidneys didn't act right and caused distress. I had sharp, shooting pains across my kidneys and my back ached continually. I saw a doctor and he prescribed a course of medicine, but it did not help. I tried everything I knew of, but in vain. I finally began using Doan's Kidney Pills. I was soon able to get up and I gained strength and the pains and aches left my body and my back became strong. In fact, I picked up in every way."

Get Doan's at Any Store, 60c a Box
DOAN'S KIDNEY PILLS
FOSTER-MILBURN CO., BUFFALO, N. Y.

Watch Chains Disappear.

A London (England) West end jeweler says that two things seem to be passing out of fashion owing to the war—watch chains and cuff links. Both these articles were on the wane before the war, but wrist watches, being essential for officers, brought them quickly to the fore, and civilians have been rushing to buy them, in many instances selling their watches and chains to buy the handier time piece.

So with links. The soft double cuff, which was such a nuisance to get them into, began their downfall and then khaki shirts made to button at the wrist completed it. Now one sees even the best dressed men with shirt cuffs buttoned at the wrist, and the links are put away in the drawer with the "has beens."

Itching Burning Skins.

For eczemas, rashes, itchings, irritations, pimples, dandruff, sore hands, and baby humors, Cuticura Soap and Ointment are supremely effective. For free samples address "Cuticura, Dept. X, Boston." At druggists and by mail. Soap 25, Ointment 25 and 50.—Adv.

Ever Think of That, Mother?

One day while deeply thinking, my small nephew, Eugene, looked up at his mother and said: "Mother, don't you wish you had another kiddie?" His mother replied: "Oh, I don't know. Why?" The answer was: "Then you could have two more pounds of sugar every month."—Chicago Tribune.

Stunning All Right.

"I was in a hand-to-hand encounter with a big German," narrated the officer, home on leave, "and my ammunition was gone. Just as we closed in the grapple I wrenched my arm loose and knocked him senseless with the butt of my revolver." "Oh, how perfectly stunning!" exclaimed the girl.

"Cold in the Head"

Is an acute attack of Nasal Catarrh. Persons who are subject to frequent "colds in the head" will find that the use of HALL'S CATARRH MEDICINE will build up the system, cleanse the blood and render them less liable to colds. Repeated attacks of Acute Catarrh may lead to Chronic Catarrh. HALL'S CATARRH MEDICINE is taken internally and acts through the blood on the mucous surfaces of the system. All Druggists 75c. Testimonials free. \$100.00 for any case of catarrh that HALL'S CATARRH MEDICINE will not cure.
F. J. Cheney & Co., Toledo, Ohio.

Force of Habit.

While in a certain government office recently Sir Edwin Jones, the British transport board chairman, overheard the following dialogue between two fair typewriter tappers:

"Isn't it terrible the way we have to work these days?"
"Rather! Why, I typed so many letters yesterday that last night I finished my prayers with 'yours truly.'"
—Vancouver (B. C.) Province.

The occasional use of Roman Eye Balsam at night will prevent and relieve tired eyes, watery eyes, and eye strain. Adv.

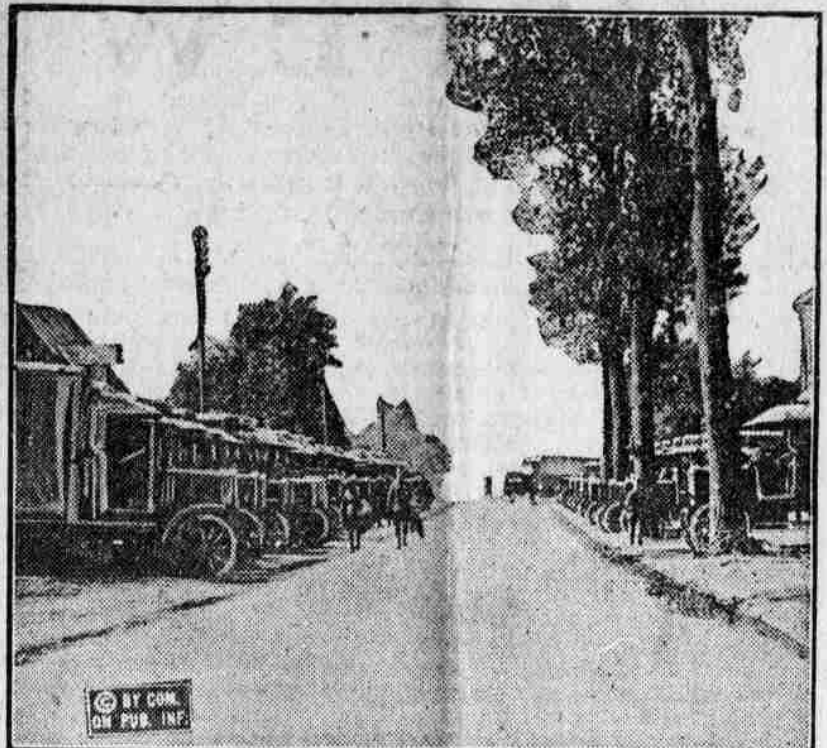
Sic Transit.

"Every one likes me," said the man.
"That is popularity," whispered the little star.
"Every one likes me and envies me," said the man, a year later.
"That is fame," whispered the little star.

"Every one despises me," said the man a year later still.
"That is time," whispered the little star.

Her Specialty.

"Has your wife been canning much fruit this season?"
"No; she has been canning me."

AUTOMOBILES ARE VERY NECESSARY IN MILITARY SERVICE OF UNITED STATES

Ammunition Trucks Awaiting Darkness to Cover Their Trip to the Front—First Division Ammunition Train.

There is no doubt that the motorcar is a necessity in business and civil life today. Neither is there any doubt that it is equally necessary in the military service of the United States, both overseas and on this side.

The quartermaster corps, the aviation section of the signal corps, the ordnance department and other sections of the army are using hundreds of motorcars and motortrucks, and adding great numbers to the fleets already in service here and across the Atlantic.

Though the government has asked that manufacturers curtail their production of passenger cars for civilian use, there has been no curtailment so far as military cars are concerned. These are leaving factories in great fleets, being driven overland to army camps or to Atlantic seaports for shipment abroad.

"The army has taken a leaf out of the book of civilian life, and quickly learned that efficient, economical transportation of men and materials, and rapid communication between distant points, is best accomplished by motor-vehicles," said C. R. Dashiell, Chicago automobile agent.

VALVES MUST BE ADJUSTED RIGHT

Engine Will Not Run Correctly if They Are Not Given Proper Attention.

LIFTERS OFTEN NEGLECTED

When Motor Loses Power Trouble Is Usually Laid to Carburetor or Faulty Ignition—Wise Plan to Examine and Reset.

Proper adjustment of valve lifters is vital to the car if it is to give maximum efficiency. If they are not properly adjusted the best engine in the world will lose power. Because they are not right out in plain sight the valve lifters are many times neglected until they force themselves to the owner's attention.

Ordinarily when the motor loses power the fact is attributed either to the carburetor or to faulty ignition and many times it is hard to convince the owner that it is valve lifts which are accountable for his inability to climb hills and obtain the speed on the level to which he is accustomed.

Examine and Reset.

They become noisy, due to the fact that the distance between the lift and the cam becomes too wide. By stopping the motor, removing the valve plates and shaking them up and down one may locate the ones out of adjustment. Sometimes more than one is at fault and it is a good policy to examine and reset all while about it. Examine the adjustment carefully to understand it, for much damage may be caused by turning the wrong nut. One is the locking nut which must be loosened first. The adjusting nut is then set to the right distance and the locking nut again set up.

The opening should approximate 1-64 of an inch for exhaust, and 3-1,000 inch for intake valves. An ordinary business card is a good gauge for the exhaust valve, while a piece of note paper will serve for the inlet.

Clearance Too Great.

If the valve clearance becomes too great the valves open late and close early. Since they should move exactly as the designer intended, it is evident that the engine will lose power if both ends are cut off. If the clearance is not enough the engine will lose compression and with it a great deal of power. This is due to the fact that as the engine heats up the valve stem lengthsens. As they grow longer they use up the space between the valve stem and the valve lifter. If the space is too small the valve stem rests on the valve lifter. As it lengthens the head of the valve is lifted off its seat in the cylinder, opening the valve and so losing compression.

HANDY FOR CUTTING RIVETS

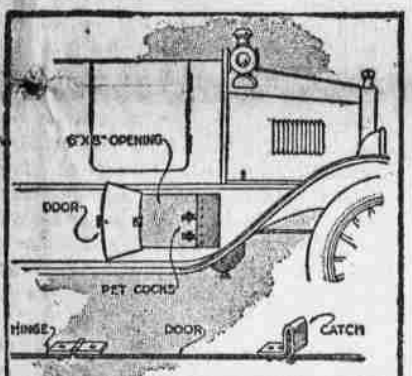
Proper Tool to Use Is Sharp Chisel—Back Up Head With Some Heavy Weight.

The proper tool to use in cutting out rivets that hold together thin metal parts is a sharp chisel. The head of the rivet should be backed up with a weight of some kind so as to prevent tearing of the adjacent metal. An oxyacetylene torch is the quickest method of cutting off rivet heads.

FOR TESTING LEVEL OF OIL

Trouble of Crawling Under Car Avoided by Method Outlined by a Des Moines Man.

On some light automobiles the only method provided for testing the level of oil in the crank case is to open pet cocks, which are hard to get at without crawling under the car, writes George A. Brown of Des Moines, Ia., in Popular Mechanics. By the method shown it is possible to avoid this trouble without the danger of breakage.



A Small Door in the Running-Board Shield Overcomes Troublesome Methods of Oil-Level Testing.

which is present when a gauge glass is used. A rectangular opening is cut in the running-board shield, and is provided with a hinged door. The door will not rattle if a spring catch is used, and it will be no detriment to the looks of the car if painted the same color.

GOOD ANTI-FREEZE MIXTURE

Alcohol Solutions Are Cheap and Effective for Automobiles and Other Engines.

The dairy farmer need not put up his automobile for the winter for fear of the engine freezing, as it has been found that alcohol solutions are cheap and effective anti-freezing mixtures for automobiles and other gasoline engines. According to W. Ives of the Ohio agricultural engineering department the strength of the mixture for various temperatures is as follows: A 10 per cent solution for 25 degrees above; 20 per cent solution for 6 degrees above; 30 per cent solution for zero temperature, and a 35 per cent solution for 10 degrees below. In case a mixture of 20 per cent alcohol freezes, this simply forms a soft mush which has no bursting power.

TURPENTINE IS VERY USEFUL

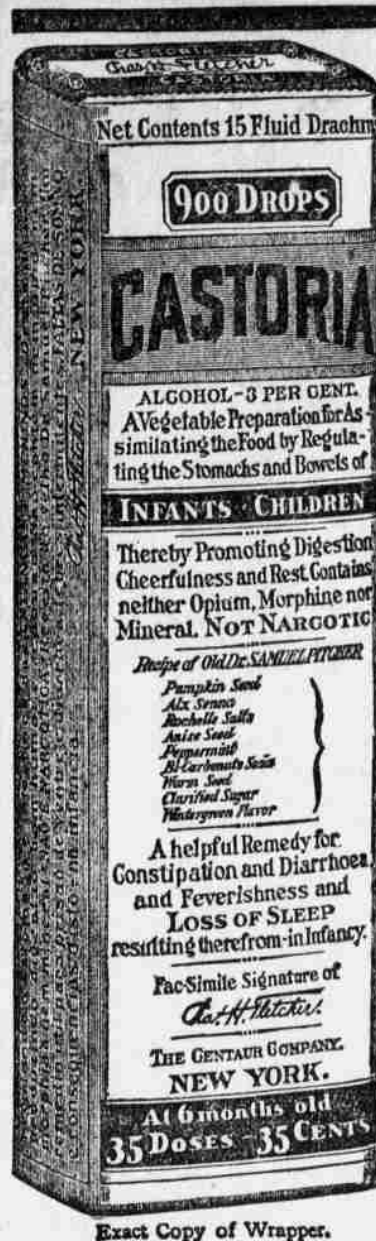
Most Satisfactory Medium for Thinning Enamel or Varnish—Alcohol Also Is Used.

Ordinary turpentine is a satisfactory medium for thinning enamel or varnish, as most motorists know. Some varnish manufacturers supply a special thinning liquid, which should be used in this instance. When it is desired to produce a quick-drying enamel, try using alcohol for thinning.

STOP WHISTLE IN MUFFLERS

Holes Are Sometimes Rough and Ragged, Causing Escaping Gases to Make Loud Noise.

The holes drilled in mufflers sometimes are rough and ragged, with the result that the escaping gases set up a whistling noise anything but agreeable. Smoothing out the rough edges will usually eliminate the unwelcome sound.



Exact Copy of Wrapper.

CASTORIA

For Infants and Children.

Mothers Know That Genuine Castoria

Always Bears the Signature of

Chas. H. Fletcher

In Use For Over Thirty Years

CASTORIA

Consolation.

He—Mr. Cadby refused to recognize me today. Think, I suppose, that I am not his equal.
She—Ridiculous. Of course you are. Why, he's nothing but a conceited idiot.—Boston Transcript.

Youthful Dodger.

"Did you find any hard problems in your lesson, Tommy?"
"No, ma'am," answered Tommy. "I didn't look for any."—London Answers.

For speedy and effective action Dr. Peery's "Dead Shot" has no equal. One dose only will clean out Worms or Tapeworm. Adv.

Aversion to Boats.

On landing in France an American soldier wrote home to his father: "Sell my sailboat. I never want to see a boat again after I get home."

Sometimes a man thinks he is growing when he makes a tentative resolve.

Never underestimate a quiet man. A great ship at anchor seems a helpless thing.

The bull will bellow and snort and throw dirt—and yet not consider himself a politician.

No Change Desired.

A company of colored soldiers was marching along a country road on which some negro convicts were employed.

Thinking he would have some fun with one of the convicts a trooper inquired: "Hey, ho, how 'bout us changin' jobs?"

The convict replied: "Gwan, nigger, I don't want no change. I know 'zactly how long I've in fer and youse don't."

Takes Time.

"Mister, I am slowly starving."
"Of course. It's a thing you can't do in a hurry, you know."

Not strange that the Huns destroy the trees on the French farms. A criminal doesn't like a tree.

Man's plans are as a widely scattered flock of sheep that he must drive through a narrow gap.

ASTHMADOR
GUARANTEED TO INSTANTLY RELIEVE
ASTHMA
OR MONEY REFUNDED—ASK ANY DRUGGIST

HAARLEM OIL CAPSULES IF YOUR BACK ACHES

Do you feel tired and "worn-out"? Are you nervous and irritable? Don't sleep well at night? Have a "dragged out," unrested feeling when you get up in the morning? Dizzy spells? Bilious? Bad taste in the mouth, backache, pain or soreness in the loins, and abdomen? Severe distress when urinating, bloody, cloudy urine or sediment? All these indicate gravel or stone in the bladder, or that the poisonous microbes, which are always in your system, have attacked your kidneys.

You should use GOLD MEDAL Haarlem Oil Capsules immediately. The oil soaks gently into the walls and lining of the kidneys, and the little poisonous animal germs, which are causing the inflammation, are immediately attacked and chased out of your system without inconvenience or pain.

Don't ignore the "little pains and aches," especially backaches. They may be little now but there is no telling how soon a dangerous or fatal disease of which they are the forerunners may show itself. Go after the cause of that backache at once, or you may find yourself in the grip of an incurable disease.

Do not delay a minute. Go to your druggist and insist on his supplying you with a box of GOLD MEDAL Haarlem Oil Capsules. In 24 hours you will feel renewed health and vigor. After you have cured yourself, continue to take one or two Capsules each day so as to keep in first-class condition, and ward off the danger of future attacks. Money refunded if they do not help you. Ask for the original imported GOLD MEDAL brand, and thus be sure of getting the genuine.—Adv.

How Acid-Stomach Wrecks Health of Millions

Many people make the mistake of thinking that acid-stomach—superacidity as the doctors call it—merely means an occasional attack of indigestion, flat, heartburn, belching, sour, gray stomach, or some other such minor ailment quickly remedied—or will cure itself—and leave no serious after effects. As a matter of fact superacidity is responsible for a long train of serious ailments that cause awful suffering and sometimes bring the best medical skill. It is a well established fact that many cases of chronic stomach trouble, anemia, stomatitis, gastritis, rheumatism, gout, lumbago, cirrhosis of the liver, auto-intoxication, dyspepsia, catarrh of the stomach, intestinal ulcer, cancer of the stomach, and frequently valvular heart trouble and heart failure, can be traced directly to an acid-stomach.

This is not at all surprising when you consider that even the acid formed in the mouth from fermentation of bits of food lodged in the teeth—an acid that is actually tasteless—is yet powerful enough to eat through the hard enamel of the teeth and decay them. Is it any wonder, then, that an excess amount of acid in the stomach causes so much misery, undermines the strength and wrecks the health and happiness of so many people? Is it not a fact, within the range of your own observation, that nine people out of ten are victims of acid-stomach?

You must get rid of that excess acid. Nothing is gained by taking medicines which merely stimulate and give one a false sense of strength and that leave the excess acid still in the stomach. You must depend upon your food for your strength—and unless you keep your stomach free from excess acid, pure, sweet and strong, it cannot properly digest food; your whole body suffers.

What you want is relief—yes—and here is the way—absolutely guaranteed—you take no chance. It's been tested tens of thousands of times with universal success. Go to your druggist and get just one package of EATON'S, a wonderful preparation that will literally wipe the excess acidity out of your stomach. The results obtained are nothing short of marvelous. Almost instantly it relieves that painful, puffed up feeling after eating, belching, heartburn, sour stomach, etc. Makes the stomach feel cool and comfortable. If you need this help it's your own fault if you suffer another day. EATON'S is absolutely guaranteed, so get a big box from your druggist. If it does not help you your money will be refunded. If your druggist does not keep EATON'S, send your name and address to the Eatonie Remedy Company, 1018 S. Wabash Ave., Chicago, Ill., and they will at once mail you a box and you can send them the money for it after you receive it.

If you ever hope to be well and strong

DON'T CUT OUT A Shoe Boil, Capped Hock or Bursitis

FOR **ABSORBINE**

will reduce them and leave no blemishes. Stops lameness promptly. Does not blister or remove the hair, and horse can be worked. \$2.50 a bottle delivered. Book 6 free. ABSORBINE, JR., for mankind, the antiseptic treatment for Boils, Bursitis, Sore, Swellings, Varicose Veins, Allergic Pains and Inflammations. Price \$1.25 a bottle at druggist or delivered. Will tell you more if you write. W. F. YOUNG, P. D. F., 310 Temple St., Springfield, Mass. W. N. U., CINCINNATI, NO. 43-1918.



—that's what thousands of farmers say, who have gone from the U. S. to settle on homesteads or buy land in Western Canada. Canada's invitation to every industrious worker to settle in Manitoba, Saskatchewan or Alberta is especially attractive. She wants farmers to make money and happy, prosperous homes for themselves by helping her raise immense wheat crops to feed the world.

You Can Get a Homestead of 160 Acres Free or other lands at very low prices. Where you can buy good farm land at \$15 to \$30 per acre that will raise 20 to 45 bushels of \$2 wheat to the acre—it's easy to become prosperous. Canadian farmers also grow wonderful crops of Oats, Barley and Flax. Mixed Farming is fully as profitable an industry as grain raising. The excellent grasses, full of nutrition, are the only food required either for beef or dairy purposes. Good schools and churches; markets convenient; climate excellent. Write for literature and particulars as to reduced railway rates to Supt. of Immigration, Ottawa, Canada, or to

W. S. NETHERY, Room 82, Interurban Bldg., Columbus, O. Canadian Government Agent

New Heat-Stroke Theory.

So-called "heat stroke" proves to be merely a symptom of malignant malaria, according to the late experience in Mesopotamia of Dr. C. E. H. Milner, a British physician. The malaria parasite was found in the blood of heat-stroke victims, and the use of quinine reduced the mortality from more than 25 per cent to less than 12 per cent.—Newark News.

A blooming idiot isn't necessarily the flower of the family.

Children's Coughs

may be checked and more serious conditions of the throat will be often avoided by promptly giving the child a dose of safe

PISO'S

Remembrance.

"I understand those Boches are protesting against the way Americans use chemicals in the war," said the girl at the news stand.

"That's just the way that kind of people always was," replied the veteran hotel clerk. "I remember 'em well. They wouldn't be satisfied until they'd turned on the gas and then they insisted on trying to blow it out."

Bringing Drama Up to Date.

F. B. Atkinson of Boston says he saw an unusual performance of "Romeo and Juliet" at a town in the middle West. The players introduced a game of cards in the balcony scene.

While Coal Is Scarce.

"Summer is lingering in the lap of fall." "Then may fall never take a stand."